

**Claims**

1. Exercising device that comprises a first strap (1), loops  
(3, 7) attached to the first strap (1) and an anchorage means  
5 (11) that is intended to be fixed to a base, said anchorage  
means (11) being designed to receive the first strap (1) in  
such a way that the first strap (1) is displaceable in its  
longitudinal direction relative to the anchorage means (11),  
c h a r a c t e r i s e d in that at least one loop (3, 7)  
10 has a length/circumference in the interval 110-180 cm, and  
that tubular handles (10) are mounted on the loops (3, 7) and  
displaceable relative to the loops (3, 7).
2. Exercising device according to claim 1,  
15 c h a r a c t e r i s e d in that the loops (3, 7) constitute  
second straps of larger width than the internal diameter of  
the tubular handles (10).
3. Exercising device according to claims 1 or 2,  
20 c h a r a c t e r i s e d in that the anchorage means (11)  
comprises a sheet-shaped carrier (16), a pocket (19)  
integrated with the carrier (16) and a rod shaped element (18)  
that is intended to be mounted in the pocket (19).
- 25 4. Exercising device according to claims 1 or 2,  
c h a r a c t e r i s e d in that at least one loop (7) is  
connected to the first strap (1) by means of a buckle (9).
5. Exercising device according to any of the previous claims,  
30 c h a r a c t e r i s e d in that it comprises an anti-slip  
mat (20) for user to stand upon when using the exercising  
device.
6. Exercising device according to any of the previous claims,  
35 c h a r a c t e r i s e d in that the anchorage means (11)  
comprises a shackle (12; 112), through which the first strap  
(1) runs, and that the first strap (1) is displaceable in its  
longitudinal direction relative to the shackle (12; 112).

7. Exercising device according to claim 6,  
c h a r a c t e r i s e d in that the shackle (112) comprises  
at least one screw (114A) that carries a sleeve (121).

5 8. Exercising device according to claim 7,  
c h a r a c t e r i s e d in that the shackle (112) comprises  
three screws (114A, 114B, 114C) that each carries a sleeve  
(121).